

Título: Trastorno psicológico en mujeres y hombres con VIH en España: estudio transversal telefónico.

Author names: César Garriga^{1,2#}, Lourdes Gutiérrez Trujillo^{2^}, M. Ángeles Rodríguez-Arenas² y grupo CoRIS-Drogas.

Affiliation and address of the authors:

1.- Programa de epidemiología aplicada de campo. Centro nacional de epidemiología. Instituto de Salud Carlos III, Avda. Monforte de Lemos, 5 - 28029 Madrid, Spain.

2. - Escuela Nacional de Sanidad. Instituto de Salud Carlos III. Avda. Monforte de Lemos, 5 - 28029 Madrid, Spain.

Dirección actual: Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences. University of Oxford. Oxford. United Kingdom.

^ Dirección actual: Subdirección General de Redes y Centros de Investigación Cooperativa-Instituto de Salud Carlos III. Avda. Monforte de Lemos, 5 - 28029 Madrid, Spain.

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Resumen

Antecedentes/Objetivos

Los objetivos de este estudio fueron determinar la prevalencia de trastorno psicológico en mujeres y hombres con VIH e identificar factores de riesgo asociados.

Methods

99 mujeres y 464 hombres fueron entrevistados por teléfono entre 2010 y 2014 sobre características socio-demográficas, consumo de fármacos y sustancias, salud autopercebida y mental y adherencia a la terapia antirretroviral (TAR). Los entrevistados provenían de una cohorte prospectiva de pacientes VIH (CoRIS). Este estudio transversal definió como paciente a riesgo de trastorno psicológico aquel puntuando ≥ 3 en el cuestionario de salud general 12-item. Se usó imputación múltiple para evitar el impacto de los valores perdidos. Se realizó un análisis de regresión logística hacia atrás para identificar factores de riesgo asociados con trastorno psicológico.

Results

Hubo mayor proporción de trastorno psicológico entre mujeres que entre hombres, 51 (51.5%) y 179 (38.6%). Factores de riesgo comunes a mujeres y hombres fueron el consumo de sustancias psicoactivas, [odds ratio: 8.1 y 2.1, intervalos de confianza 95%: (2.0–32.3) y (1.1–4.1), respectivamente]; pobre salud autopercebida [4.1 y 2.7, (1.3–12.7) y (1.6–4.7)]; pobre adherencia al TAR [4.5 y 2.5, (1.3–15.0) y (1.3–4.6)]; y no ser usuario de TAR [8.4 y 2.0, (2.2–32.3) y (1.2–3.3)].

Pobre actividad física fue un factor de riesgo solo para mujeres [3.1, (1.1–9.0)]. Importantes factores de riesgo para los hombres fueron vivir sólo [2.1, (1.3–3.3)]; y estar desempleado. [2.2, (1.4–3.6)]. El atazanavir también se relacionó con trastorno

psicológico en hombres [2.9, (1.0–8.3)]. El estudio estuvo limitado por el bajo número de mujeres y la falta de información clínica en el 15% de los pacientes.

Conclusiones

La mayor proporción de mujeres con trastorno psicológico debería ser tomada en cuenta por los profesionales sanitarios. El enfoque de género es necesario para conducir los diferentes factores de riesgo encontrados en mujeres y hombres. La adherencia al TAR no se asoció con trastorno psicológico pero el atazanavir precisa de posterior farmacovigilancia para establecer su relación con trastorno psicológico.

Tables

Table 1. Socio-demographic characteristics related to women and men living with HIV with psychological distress^a at the interview time.

	Women			Men		
	n (%)	n (%)	<i>P</i> value ^b	n (%)	n (%)	<i>P</i> value ^b
Age^c	41±11		0.73	38±10		0.70 ^d
Spaniards/Immigrants	34 (52.3)	18 (52.9)	0.84	128 (38.1)	51 (39.8)	0.73
Education level completed			0.14			0.32
Illiterate, primary, lower secondary/ Upper secondary, University	34 (57.6)	17 (42.5)		54 (42.2)	125 (37.2)	
Marital status			0.76			0.77
Single / Married	26 (49.1)	10 (50.0)		134 (39.3)	31 (35.2)	
Separated, divorced, widow-er	15 (57.7)			14 (40.0)		
Living with a partner/	28 (51.9)	23 (51.1)	0.94	47 (26.7)	132 (45.8)	<0.01
Living alone, others						
Work status			0.20			<0.01
Work, off work/ Unemployed	17 (41.5)	20 (55.6)		103 (33.1)	58 (51.8)	
Pensioner, retiree, student, housewife, others	14 (63.6)			18 (43.9)		
monthly income (>633€/ ≈<633€)	9 (33.3)	42 (58.3)	0.03	121 (35.8)	58 (46.0)	0.04
Monthly household income			0.85			<0.01
≤900 € / >900 €	13 (50.0)	37 (52.1)		32 (58.2)	147 (36.1)	

^aGeneral Health Questionnaire (GHQ-12) values equal to 3 or higher, ^b significance level comparing psychological distress versus asymptomatic “cases”, ^c mean±standard deviation; ^dMann-Whitney U test.

Table 2. Clinical and life styles characteristics related to women and men living with HIV with psychological distress^a at the interview time.

	Women			Men		
	n (%)	n (%)	<i>P</i> value ^b	n (%)	n (%)	<i>P</i> value ^b
On psychoactive drugs/No	20 (83.3)	31 (41.3)	<0.01	36 (62.1)	143 (35.2)	<0.01
Stimulants last month/No	3 (75.0)	48 (50.5)	0.34 ^d	50 (46.7)	129 (36.1)	0.05
Standard alcohol units per week ^c	2.7±2.9		0.77 ^e	8.6±12.6		0.04 ^e
Drink /Abstainer	21 (52.5)	30 (50.8)	0.87	137 (38.6)	42 (38.5)	0.99
Self-perceived health (Very good, good/ Regular, bad, very bad)	26 (40.0)	25 (73.5)	<0.01	126 (33.3)	53 (61.6)	<0.01
Physical activity (None to several a month/ Once to several a week)	40 (63.5)	11 (30.6)	<0.01	80 (43.7)	99 (35.2)	0.07
Years after HIV diagnosis ^c	3.8±2.3		0.09 ^e	3.9±4.5		0.80 ^e
HIV transmission category			0.32			0.42
IDU / MSM non-IDU	5 (62.5)	0 (—)		10 (35.7)	112 (38.5)	
Heterosexual non-IDU / Other ^f	42 (48.8)	0 (—)		21 (35.6)	1 (12.5)	
HIV infection status ^g			0.41 ^d			0.03
A primary infection, non-symptomatic / B (symptomatic)	38 (52.8)	7 (53.8)		136 (39.7)	3 (12.0)	
C (AIDS)	2 (22.2)			6 (31.6)		
CD4 count /μl			0.63 ^e			0.92 ^e
<200 / 200 to <350	2 (50.0)	5 (38.5)		5 (38.5)	17 (34.0)	
350 to <500 / ≥500	11 (44.0)	29 (55.8)		38 (36.2)	84 (38.9)	
Viral load (RNA copies/mL)			0.79			0.44

<50 / 50 to <500	26 (46.4)	7 (53.9)		59 (34.5)	17 (42.5)	
500 to <30,000 / ≥30,000	8 (61.5)	6 (50.0)		47 (42.7)	22 (33.9)	
cART adherence /Non-adherence	15 (32.6)	19 (63.3)	0.02	49 (29.3)	39 (50.0)	0.04
Non-user	17 (73.9)			91 (41.6)		
Days since cART initiation ^{c, h}	1216±766		0.80 ^e	918±732		0.03 ^e

^aGeneral Health Questionnaire (GHQ-12) values equal to 3 or higher, ^b significance level comparing psychological distress versus asymptomatic “cases”, ^c mean±standard deviation; ^dFisher's exact test 2 sided, ^e Mann-Whitney U test, ^f transfusion, acupuncture, tattoo, piercing, wound ^gcase definition for HIV infection defined by the CDC, ^honly for patients who started cART.

IDU, injection drug users; MSM, men how have sex with men; cART, combined antiretroviral therapy.

Table 3. Antiretroviral treatments and inhibitors related to women and men living with HIV with psychological distress^a at the interview time.

Treatment variables	Women (n=74)			Men (n=217)		
	n (%)	n (%)	<i>P</i> value ^b	n (%)	n (%)	<i>P</i> value ^b
2 NRTI + 1 NNRTI / other treatments	18 (42.9)	16 (50.0)	0.54	45 (33.6)	33 (39.8)	0.36
NRTIs/ no	32 (45.7)	2 (50.0)	1.00 ^c	73 (35.1)	5 (55.6)	0.29 ^c
Zidovudine/ no	2 (40.0)	32 (46.4)	1.00 ^c	3 (60.0)	75 (35.4)	0.35 ^c
Lamivudine/ no	11 (44.0)	23 (46.9)	0.81	19 (40.4)	59 (34.7)	0.47
Emtricitabine/ no	21 (47.7)	13 (43.3)	0.71	54 (33.5)	24 (42.9)	0.21
Abacavir/ no	7 (46.7)	27 (45.8)	0.95	17 (40.5)	61 (34.9)	0.50
Tenofovir/ no	23 (47.9)	11 (42.3)	0.64	54 (32.9)	24 (45.3)	0.10
NNRTI/ no	18 (40.9)	16 (53.3)	0.29	46 (33.6)	32 (40.0)	0.34
Nevirapine/ no	6 (60.0)	28 (43.8)	0.50 ^c	9 (60.0)	69 (34.2)	0.04
Efavirenz/ no	12 (37.5)	22 (52.4)	0.20	33 (28.9)	45 (43.7)	0.02
PI/ no	13 (48.1)	21 (44.7)	0.77	29 (41.4)	49 (33.3)	0.25
Atazanavir/ no	4 (50.0)	30 (45.5)	1.00 ^c	12 (54.5)	66 (33.8)	0.06
Darunavir/ no	4 (50.0)	30 (45.5)	1.00 ^c	11 (35.5)	67 (36.0)	0.95
Lopinavir/ no	4 (40.0)	30 (46.9)	0.75 ^c	4 (33.3)	74 (36.1)	1.00 ^c
Saquinavir/ no	0 (—)	34 (45.9)	—	0 (—)	78 (36.3)	0.54 ^c
INI/ no	3 (42.9)	31 (46.3)	1.00 ^c	7 (36.8)	71 (35.9)	0.93
Raltegravir/ no	3 (42.9)	31 (46.3)	1.00 ^c	6 (35.3)	72 (36.0)	0.95

Dolutegravir/ no	0 (—)	34 (45.9)	—	1 (50.0)	77 (35.8)	1.00 ^c
Maraviroc/ no	0 (—)	34 (46.6)	1.00 ^c	0 (—)	78 (36.1)	1.00 ^c
Other inhibitors:						
Foscarnet/ no	1 (100.0)	33 (45.2)	0.46 ^c	2 (66.7)	76 (35.5)	0.29 ^c

Patients were not on fosamprenavir, indinavir, nelfinavir, tipranavir, elvitegravir at the interview time. In addition, women were not on saquinavir and dolutegravir.

NRTI, nucleos(t)ide analogue reverse transcriptase inhibitors; NNRTI, nonnucleoside analogue reverse transcriptase inhibitors; PI, protease inhibitors; INI, integrase inhibitors.

^a General Health Questionnaire (GHQ-12) values equal to 3 or higher, ^b significance level comparing psychological distress versus asymptomatic “cases”, ^cFisher's exact test 2 sided.

Table 4. Factors associated with psychological distress^a for women and men living with HIV.

independent variables	Women (N=99)				Men (N=464)			
	crude analysis		adjusted analysis		crude analysis		adjusted analysis	
	odds ratio	95% CI	odds ratio	95% CI	odds ratio	95% CI	odds ratio	95% CI
Age (grouped each 5 years)^b	1.0	[1.0-1.0]	1.0	[0.9-1.0]	1.0	[1.0-1.0]	1.0	[1.0-1.0]
Education level completed (Upper secondary, University)								
Illiterate, primary, lower secondary	1.8	[0.8-4.1]*						
Cohabitation (living with a partner)								
Living alone, others					2.3	[1.5-3.4]**	2.1	[1.3-3.3]**
Work status (work/off work)								
Unemployed	1.8	[0.7-4.4]*			2.2	[1.4-3.4]**	2.2	[1.4-3.6]**
Pensioner, retiree, student, housewife, others	2.5	[0.8-7.2]*			1.6	[0.8-3.1]*	1.1	[0.5-2.3]
Monthly income (>633€)								
≈<633€ or not monthly income	2.8	[1.1-7.1]**			1.5	[1.0-2.3]**		
Household income (>900€)								
≤900 €					2.5	[1.4-4.3]**		
On psychoactive drugs (no)								
Yes	7.1	[2.2-22.8]**	8.1	[2.0-32.3]**	3.0	[1.7-5.3]**	2.1	[1.1-4.1]**
Stimulants last month (no)								
Yes					1.6	[1.0-2.4]**		
Weekly alcohol consumption^b					1.0	[1.0-1.0]		
Self-perceived health (very good, good)								
Regular, bad, very bad	4.2	[1.7-10.3]**	4.1	[1.3-12.7]**	3.2	[2.0-5.2]**	2.7	[1.6-4.7]**
Physical activity (once to several times a week)								
None to several times a month	4.0	[1.6-9.5]**	3.1	[1.1-9.0]**	1.4	[1.0-2.1]*		

Years after HIV diagnosis^b	0.9	[0.7-1.0]**							
HIV infection status (A primary infection, non-symptomatic)									
B symptomatic					0.2	[0.1-0.8]**	0.2	[0.1-0.9]**	
C AIDS					0.7	[0.3-1.8]	0.6	[0.2-1.8]	
cART (adherence)									
Non-adherence	3.6	[1.4-9.4]**	4.5	[1.3-15.0]**	2.4	[1.4-4.2]**	2.5	[1.3-4.6]**	
Non-user	5.9	[1.9-17.9]**	8.4	[2.2-32.3]**	1.7	[1.1-2.6]**	2.0	[1.2-3.3]**	
On Emtricitabine (yes)									
No					1.2	[0.8-1.9]*			
On Nevirapine (yes)									
No					0.4	[0.1-1.2]*			
On Efavirenz (yes)									
No	2.4	[1.0-5.6]*			1.7	[1.1-2.7]**			
On Atazanavir (yes)									
No					0.5	[0.2-1.2]*	2.9	[1.0-8.3]** ^c	
On Foscarnet (yes)									
No					0.3	[0.0-3.3]			

Reference categories are shown in parentheses, *categories with $P < 0.30$ were considered in the multivariable models, ** $P < 0.05$.

^aGeneral Health Questionnaire (GHQ-12) values equal to 3 or higher, ^b continuous variable, ^c $P = 0.052$. cART: combined antiretroviral therapy; CI: confidence intervals.